

Date: Sat. November 10th  
Time: 12:30-3:30 PM  
Cost: \$35 (members  
receive 10% discount)

Source Yoga  
2712 N. 21st St.  
Suite A  
Tacoma, WA 98406



# HIP OPENING WORKSHOP



sourceyoga  
health • vitality • joy

Source Yoga presents:

## Blissful Hips!

A Hip Opening Workshop with Sian Davies-Vollum



The activities and stresses of our daily lives can often lead to tightness & discomfort in our hips. This popular workshop will focus on ways to ease some of that tension using yoga poses that promote hip flexibility and strength. If you are interested in exploring ways to improve hip mobility or simply deepen your yoga practice then this workshop is for you. There will be modifications and progressions of poses suitable for anyone with some yoga experience (for example Source Yoga Basic Flow classes).

Sian Davies-Vollum, a yoga instructor at Source Yoga, will be leading the workshop. She has completed numerous yoga teacher trainings to attain Registered Yoga Teacher (RYT) standing with Yoga Alliance and holds group exercise certification with the American Council on Exercise.

Register online or call the studio

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253-756-8066

[www.sourceyogaonline.com](http://www.sourceyogaonline.com)

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